

# KROLL FAMILY AQUATICS CENTER • WINTER CLASSES & PROGRAMS

UPDATED 12.05.18

**\*Members ONLY permitted on Sundays**

SUNDAY*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10-10:30am Infant	9-10am Water Workout	9-10am Aquaflex	9-10am Water Workout	9-10am AquaFlex	9-10am AquaTone	10-10:30am Infant
10:30-11am Toddler	3:30-4pm Pre-Swimmer	10-10:30am Infant	1:30-2:15pm ECC Enrichment	10:30-11:30am Tri-Team Training	11:30am-12:15pm Arthritis Aquatics	10:30-11am Toddler
11-11:30am Pre-Swimmer	4-4:30pm Beginner	10:30-11am Toddler	2:30-3:15pm ECC Enrichment	5:30-8:30pm Swim Team		11-11:30am Pre-Swimmer
11:30am-12pm Beginner	4:30-5pm Advanced Beginner	11-11:30am Pre-Swimmer	3:30-4pm Pre-Swimmer			11:30am-12pm Beginner
12-12:30pm Advanced Beginner	5-5:30pm Intermediate	11-11:45am Arthritis Aquatics	4-4:30pm Beginner			12-12:30pm Advanced Beginner
12:30-1pm Intermediate	5:30-6:15pm Advanced	12:15-1:15pm Tri-Team Training	4:30-5pm Advanced Beginner			12:30-1pm Intermediate
1-1:45pm Advanced	5:30-8:30pm Swim Team	4-4:30pm Beginner	5-5:30pm Intermediate			1-1:45pm Advanced
2:30-5pm Swim Team		4:30-5pm Advanced Beginner	5:30-6:15pm Advanced			1-2:15pm Little Snappers
		5-5:30pm Intermediate	5:30-8:30pm Swim Team			2:30-3:30pm Kehilla Swim
		5:30-6:15pm Advanced		<b>Age Breakdown:</b> > Infant (6-18 months) > Toddler (18-36 months) > Pre-Swimmer (3-5 years) > Beginner (5-10 years) > Advanced Beginner (5-10 years) > Intermediate (6-11 years) > Advanced (7-12 years)		
		5:30-8:30pm Swim Team				
		8:30-9:15pm Adult Fitness Swim				

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SUNDAY*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7-9am 2/3 Lap Lanes 1 Walking Lane	6-9am 5 Lap Lanes 1 Walking Lane	6-9am 5 Lap Lanes 1 Walking Lane	6-9am 5 Lap Lanes 1 Walking Lane	6-9am 5 Lap Lanes 1 Walking Lane	6-9am 5 Lap Lanes 1 Walking Lane	7am-1:30pm 2/3 Lap Lanes 1 Walking Lane
9-11am 2/3 Lap Lanes 1 Walking Lane	9-10:30am 3 Lap Lanes 1 Walking Lane	9:30am-12:30pm 2 Lap Lanes 1 Walking Lane	9-10:30am 3 Lap Lanes 1 Walking Lane	9am-12:30pm 2 Lap Lanes 1 Walking Lane	9am-12:30pm 3 Lap Lanes 1 Walking Lane	1:30-2:30pm 2 Lap Lanes 1 Walking Lane
11am-2:30pm 2/3 Lap Lanes 1 Walking Lane	10:30am-3:30pm 3 Lap Lanes 1 Walking Lane	12-3pm 3 Lap Lanes 1 Walking Lane	10:30am-3:30pm 3 Lap Lanes 1 Walking Lane	12-4pm 3 Lap Lanes 1 Walking Lane	12-4pm 3 Lap Lanes 1 Walking Lane	3-4pm 2 Lap Lanes 1 Walking Lane
2:30-7:30pm 2/3 Lap Lanes 1 Walking Lane	3:30-5:30pm 2 Lap Lanes 1 Walking Lane	4-5:30pm 2 Lap Lanes 1 Walking Lane	4-5:30pm 2 Lap Lanes 1 Walking Lane	4-5:30pm 2 Lap Lanes 1 Walking Lane	4-5pm 3/4 Lap Lanes 1 Walking Lane	4:30-8:30pm 4 Lap Lanes 1 Walking Lane
	5:30-8:30pm 1 Lap Lane 1 Walking Lane	5:30-8:30pm 1 Lap Lane 1 Walking Lane	5:30-8:30pm 1 Lap Lane 1 Walking Lane	5:30-6:15pm 2 Lap Lanes 1 Walking Lane		
	8:30-10pm 4/5 Lap Lanes 1 Walking Lane	8:30-10pm 4 Lap Lanes 1 Walking Lane	8:30-10pm 4/5 Lap Lanes 1 Walking Lane	6:15-7pm 2 Lap Lanes 1 Walking Lane		
				7-8:30pm 1 Lap Lane 1 Walking Lane		
				8:30-10pm 4/5 Lap Lanes 1 Walking Lane		



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*Schedule subject to change. Circle swimming is a requirement during peak times.*